

Summer 2021

8 WEEK SESSION

Saturdays: June 19 – August 14
Sundays: June 20 – August 15
Mondays: June 21 – August 9
Wednesdays: June 23 – August 10

****No classes on 7/3 and 7/4****



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Water Park

512 S. Frederick Avenue

Gaithersburg, MD 20877

PH – 301-258-6445

FAX – 301-258-6449



WATER EXERCISE

Registration begins **June 1** (Residents /Aquatics Members) and **June 3** (Non Residents)

SCHEDULE OF CLASSES

AQUA BOOT CAMP SHALLOW/DEEP COMBO

Length: 45 minutes; Age: 16 to Adult

This vigorous class for all ages, sizes and fitness levels is full of fun and energizing activities to help you reach your fitness goals. Portions of the class are performed in chest deep water while other parts are held in deeper water, where participants use noodles (provided) and water flotations belts (to be purchased by participant). Strong swimming skills are not necessary, but a comfort level in deeper water is a must. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you. Aqua Boot Camp can be an excellent workout for those whose schedules allow just one day a week to attend, or it can be a wonderful addition for those participating in some of our other programs. One thing is certain – you will have a blast. **Contact the instructor for flotation belt information, 301-990-1846.**

CLASS	STARTS	DAYS	TIME	LOCATION	# SESS	FEE
#11172	6/20	Su	10:00 am	Water Park	8	\$55 (R)/ \$60 (NR)
#11173	6/23	W	7:10 pm	Water Park	8	\$55 (R)/ \$60 (NR)

SHALLOW (CHEST DEEP) WATER WORKOUT

Length: 45 minutes; Age: 16 to Adult

A low impact but high intensity water class where no swimming skills are needed. Exercises are performed in water that is chest deep and are designed to improve your fitness level from head to toe. Let the resistance of the water cushion your feet, knees and back while you improve your flexibility, strength, range of motion and muscle tone. These exercises are appropriate for all ages and are effective and easy to follow.

CLASS	STARTS	DAYS	TIME	LOCATION	# SESS	FEE
#11171	6/19	Sa	10:00 am	Water Park	8	\$55 (R)/ \$60 (NR)
#11170	6/21	M	7:10 pm	Water Park	8	\$55 (R)/ \$60 (NR)

FEE KEY: R- Resident; NR- Nonresident

For specific class questions, please contact Nancy Brouillette at (301) 990-1846 or by e-mail at info@wetyetwaterfitness.com

Register at <http://gaithersburgmd.gov/recxpress>

Please arrive to the facility ready to enter the water. Face masks must be worn at all times, except while in the water. Must bring your own equipment.